She Said No



Count: 32 Wall: 0 Level: Improver

Choreographer: Doktor Peter (DE) - December 2016

Music: No No No - Milow: (CD: Modern Heart, Deluxe)



Part A " Mambo-Slide " each 1/4 turn,

Part B "Step-Lock-Swing" in all ¾ turn, dancing through all walls, end by ½ turn L (12:00) + The "Improver's start" 06:00 only at the beginning on first 7-8+!

Intro: 16 Counts - Wall: Continuous

Part A "Mambo – Slide":

From 12.00 (Improver: every 1st line 6.00 face to face with 2nd line + ½ Turn R on first 7-8)

Mambo Step Forward R, Rocking Chair L/R, Walk Walk

1&2 RF quick step forward. LF recover, RF beside LF with weight on RF

3-4 LF step forward, RF recover5-6 LF step back, RF recover

7-8& LF step forward, RF step forward / First line LF step forward ½ turn R, RF forward

Step-Lock-Step L, 1/4 Turn L Rock R, Tip R, Close R, Step L, Slide R

1&2 LF step forward, RF lock behind LF, LF step forward

3-4 ½ turn L & RF step R, LF recover (9.00)
5-6 RF tip beside LF, RF close (weight on)
7-8 LF step L, RF slide to LF not weighing RF

Part B "Step-Lock - Swing":

Step-Lock-Step R Diagonal Fwd., 1/4 L Step-Lock-Step L Fwd. (Diagonal 4.30),

1/4 L Rock Side R with Hip Bump R, Recover L, Tip R, Close R

1&2 RF step forward diagonal R (7.30), LF lock behind RF, RF step forward 3&4 LF step forward ¼ diagonal L (4.30), RF lock behind LF, LF step forward

5-6 Turn L to 3.00 RF step R with hip bump, LF weight on (hip L)

7-8 RF tipp beside LF, RF close/weight on

Rock L Forward, ¼ L Step-Lock-Step, ¼ L Rock Side R, Recover L, Behind R & Shoulder R ¼ twist back, Straighten & RF Swing beside LF (9.00)

1-2 LF step forward, weight on RF

3&4 Turn ¼ L & LF step forward, RF lock behind LF, LF step forward (12.00)

5-6 Turn ¼ L & RF step R, LF recover/weight on (9.00)

7-8 *□RF behind LF & shoulder R ¼ twisting back, re-straighten & RF Swing beside LF

*Bridge to Last Chorus "And now I know": Rock R, Rec. L, Behind R & Shoulder, Swing R to L

9-10 (after 3. verse "for the trees.") RF step R, LF recover/weight on

11-12 RF behind LF & shoulder R ¼ twisting back, re-straighten & RF Swing beside LF

*2 x Repeat Part B (Step-Lock – Swing) until end of 1. Chorous "No No" (only once)

Then: 2x Part A / 6x Part B (incl. intrumental) / 1x Part A / 1x Part B / 1x Part B + Bridge

(4 Counts Rock R + Behind R) / 4x Part B until | End 7-8*

Contact: herr.p14@startmail.com

^{*1}x Repeat Part A - Mambo - Slide, to 6.00